

# The Effectiveness of Mindfulness-Based Cognitive Therapy on Marital Relationship Quality and Forgiveness in Women in Second Marriages

Forozan. Gholipor<sup>1</sup>, Fatemehzahra. Rezaei<sup>2</sup>, Maryam. Mazlomi<sup>3\*</sup>, Fateme. Hamlehvarsheikhrajeh<sup>4</sup>, Jalal. Babazadeh<sup>5</sup>

<sup>1</sup> Master of Clinical Psychology, Sari Branch, Islamic Azad University, Sari, Iran

<sup>2</sup> Master of Clinical Psychology, Ayatollah Amoli Branch, Islamic Azad University, Amol, Iran

<sup>3</sup> Master of Clinical Psychology, Aryan University of Science and Technology, Babol, Iran

<sup>4</sup> Master of Clinical Psychology, Sari Branch, Islamic Azad University, Sari, Iran

<sup>5</sup> Master of Counseling, Tonekabon Branch, Islamic Azad University, Tonekabon, Iran

\* Corresponding author email address: maryammazloni63@gmail.com

| E d i t o r  | R e v i e w e r s   |
|--|---|
| Hussein OMAR Alkhozahe <sup>id</sup><br>Professor, Department of Sociology,<br>Al-Balqa' Applied University, Salt,<br>Jordan<br>huss1960@bau.edu.com | <b>Reviewer 1:</b> Mohsen Kachooei <sup>id</sup><br>Assistant Professor of Health Psychology, Department of Psychology, Humanities<br>Faculty, University of Science and Culture, Tehran, Iran. kachooei.m@usc.ac.ir<br><b>Reviewer 2:</b> Nadereh Saadati <sup>id</sup><br>Department of Couple and Family therapy, Alliant International University,<br>California, United States of America. mdaneshpour@alliant.edu |

## 1. Round 1

### 1.1. Reviewer 1

Reviewer:

The statement "Marriage is one of the most complex human relationships..." is broad. Adding specific examples or statistics about marriage trends globally or in Iran can strengthen the argument.

The intervention description for mindfulness-based cognitive therapy (MBCT) lacks information about session duration consistency. Did all participants complete all eight sessions? Were there any dropouts?

The data shows improvement in the experimental group but lacks details about the control group. Were there any notable changes or confounding variables in the control group during the study period?

The effect sizes reported (e.g., 0.57 for marital relationship quality) are significant but not contextualized. How do these compare to effect sizes in similar studies?

The conclusion generalizes findings to all second marriages. Highlight the study's limitations in sample diversity to avoid overgeneralization.

Authors revised the manuscript and uploaded the document.

## 1.2. Reviewer 2

Reviewer:

The sentence "Among the significant factors influencing couples, marital relationship quality is noteworthy..." is vague. Elaborate on why this factor is particularly significant for second marriages compared to first marriages.

You mention "forgiveness enhances intimacy in marital life." Provide a citation for this claim or specify how this has been demonstrated in prior research.

Clarify why convenience sampling was chosen over other sampling methods. This impacts the generalizability of the study results.

The description of the Marital Relationship Quality Questionnaire references its validity in the Iranian population. Including specific validity metrics (e.g., Cronbach's alpha) would strengthen the methodological rigor.

The claim "Mindfulness therapy fosters improved self-awareness..." is insightful but could benefit from specific examples or participant feedback demonstrating this effect.

The statement "Mindfulness increases acceptance, fosters nonjudgmental emotional awareness..." is repetitive. Streamline the argument to focus on novel insights or findings specific to the current study.

Include specific participant experiences or quotes that illustrate the process of forgiveness during the intervention.

Authors revised the manuscript and uploaded the document.

## 2. Revised

Editor's decision: Accepted.

Editor in Chief's decision: Accepted.